

H1N1 ADVISORY

H1N1 is also commonly known as “Swine Flu”

Current as of 26 May

The investigation into the H1N1 flu outbreak is ongoing. While human cases continue to be identified in the United States and internationally, the outbreak is NOT a pandemic. The CDC reports the following confirmed cases in the US, including 25 confirmed cases in Georgia. **NO cases have been confirmed in the North Central Health District, which includes Houston County.**

States	Laboratory confirmed AND probable cases	Deaths
TOTAL (48)	6,764	10

Internationally, 46 countries have officially reported 12,954 cases of H1N1 flu and 92 deaths associated with the outbreak. **Prevention is the key!**

H1N1 flu is caused by a strain of influenza that causes regular outbreaks of flu in pigs. Symptoms of the H1N1 flu are similar to those of seasonal flu: fever, lethargy, lack of appetite and coughing. Some people with H1N1 flu also have a runny nose, sore throat, nausea, vomiting and diarrhea.

The following actions are recommended to protect you and your family:

- **Stay informed.** This website will be updated regularly as information becomes available.
- Influenza is thought to **spread mainly person-to-person** through coughing or sneezing of infected people.
- **Take everyday actions to stay healthy.**
 - Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
 - Coughing into your sleeve or elbow is preferable to hands; wash hands often with soap and water, especially after you cough or sneeze. Alcohol-based hands cleaners are also effective.
 - Avoid touching your eyes, nose or mouth. Germs spread that way.
 - Try to avoid close contact with sick people, 6 feet separation is recommended.
- **Stay home** if you get sick. CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them.
- **Follow public health advice** regarding school closures, avoiding crowds and other social distancing measures.
- **Develop a family emergency plan as a precaution.** This should include storing a supply of food, medicines, facemasks, alcohol-based hand rubs and other essential supplies.

For more information, visit www.cdc.gov/swineflu and <http://ready.ga.gov/>

Travel Recommendations:

If you are planning travel to known outbreak areas, the following recommendations will help you to reduce your risk of infection and stay healthy:

- Monitor the International Situation and prepare for your trip before you leave.
- Visit CDC's Travelers' Health Website <http://wwwn.cdc.gov/travel/> to learn about any disease risks and CDC health recommendations for areas you plan to visit.
- If you develop flu symptoms within 7 days after returning from an area that has reported cases of H1N1 flu, seek medical attention.